

**10<sup>th</sup> Cardiff Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course (MSK Course)**

**Feedback - February 2020**

# 10<sup>th</sup> Cardiff Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course (MSK Course)

This unique, two-day, 'hands-on' course allowed participants to perform ultrasound-guided musculoskeletal interventional procedures on unembalmed, freeze-preserved cadavers, whilst under the direct supervision of Consultant Musculoskeletal Interventional Radiologists.

With a high tutor-to-participant ratio, this practical course was delivered in small groups using a series of tutor demonstrations. Participants were given the opportunity to undertake various interventional procedures on cadavers in order to simulate clinical practice.

Practical sessions included injection of joints and surrounding soft tissue structures, and techniques including dry needling and biopsies. The indications and contraindications for musculoskeletal interventions, as well as the role of pertinent drugs and potential complications, were also discussed. A simulated patient was used in order to convey pertinent anatomy, with emphasis placed on 'positioning the patient' when undertaking various interventional procedures. A workshop at the end of the course provided participants with an opportunity to consolidate their particular area of interest and to freely interact with tutors in order to gain a further insight.

## Course Information

**Course Date:** 14<sup>th</sup> and 15<sup>th</sup> February 2020  
**Venue:** Welsh Centre For Anatomical Education, University of Cardiff

**Attendance:** 13 Delegates

**Aimed at:**

- Consultants
- Speciality Trainees
- Registrar Level Doctors
- Specialist Allied Health Professionals

(Radiology / Orthopaedics / Rheumatology)

**Course Fee:** £795.00

**Attendance entitles participants to:**

13 CPD points from the Royal College of Radiologists.

1.5 credits from the European Society of Musculoskeletal Radiologists (ESSR) and is accredited towards the ESSR diploma.

### Objectives of Course:

- Understand the basic principles of ultrasound-guided musculoskeletal procedures.
- Understand the indications, contraindications and potential risks of interventional procedures.
- Practice various ultrasound-guided interventional procedures on unembalmed freeze-preserved cadavers.



## Course Programme - Day One

<b>0900 - 0930</b>	Registration and Welcome
<b>0930 - 1000</b>	Introduction to MSK Intervention - Ultrasound Interventional Techniques - Indications and Contraindications for Interventional Procedures - Consent
<b>1000 - 1300</b>	Cadaveric Workshop - Ultrasound-Guided Intervention Practical Sessions
<b>1000 - 1130</b>	
<i>Group A</i>	<i>Shoulder - Part 1 (Anterior Approach Glena-Humeral Joint Injection, Barbotage, Subacromial, Biceps Tendon Sheath and ACJ Injections)</i>
<i>Group B</i>	<i>Foot and Ankle - Part 1 (Intra-Articular Ankle and Small Joint Infections, Morton's Neuroma, Plantar Fascia, Tendon Sheath and Sinus Tarsi Injection)</i>
<b>1130 - 1150</b>	<b>Refreshment Break</b>
<b>1150 - 1300</b>	
<i>Group A</i>	<i>Shoulder - Part 2 (Anterior Approach Glena-Humeral Joint Injection, Barbotage, Subacromial, Biceps Tendon Sheath &amp; ACJ Injections)</i>
<i>Group B</i>	<i>Foot and Ankle - Part 2 (Intra-Articular Ankle and Small Joint Infections, Morton's Neuroma, Plantar Fascia, Tendon Sheath and Sinus Tarsi Injection)</i>
<b>1300 - 1400</b>	<b>Lunch</b>
<b>1400 - 1700</b>	Cadaveric Workshop - Ultrasound-Guided Intervention Practical Sessions
<b>1400 - 1530</b>	
<i>Group A</i>	<i>Elbow, Wrist and Hand (Intra-Articular and Tendon Sheath Injections, Injection and Dry Needling for Medial and Lateral Epicondylitis)</i>
<i>Group B</i>	<i>Groin, Hip and Knee (Intra-Articular Injections, Pubic Symphysis, Adductor Origin, Trochanteric and Psoas Bursa Injections, Dry Needling of Patellar Tendon)</i>
<b>1530 - 1550</b>	<b>Refreshment Break</b>
<b>1550 - 1700</b>	Prone Scanning; Posterior Approach GHJ Injection, Ischial Tuberosity Injection, Achilles Tendon Hydrodissection (with Swabbing Between Groups)
<b>1700 - 1715</b>	Summary and End of Day One

## Course Programme - Day Two

<b>0845 - 0900</b>	Registration
<b>0900 - 0930</b>	Discussion On: - Drugs, Its Indication and Potential Conflicts
<b>0930 - 1230</b>	Cadaveric Workshop - Ultrasound-Guided Intervention Practical Sessions
<b>0930 - 1100</b>	
<i>Group A</i>	<i>Foot and Ankle - Part 1 (Intra-Articular Ankle and Small Joint Infections, Morton's Neuroma, Plantar Fascia, Tendon Sheath and Sinus Tarsi Injection)</i>
<i>Group B</i>	<i>Shoulder - Part 1 (Anterior Approach Glena-Humeral Joint Injection, Barbotage, Subacromial, Biceps Tendon Sheath &amp; ACJ Injections)</i>
<b>1100 - 1120</b>	<b>Refreshment Break</b>
<b>1120 - 1230</b>	
<i>Group A</i>	<i>Foot and Ankle - Part 2 (Intra-Articular Ankle and Small Joint Infections, Morton's Neuroma, Plantar Fascia, Tendon Sheath and Sinus Tarsi Injection)</i>
<i>Group B</i>	<i>Shoulder - Part 2 (Anterior Approach Glena-Humeral Joint Injection, Barbotage, Subacromial, Biceps Tendon Sheath &amp; ACJ Injections)</i>
<b>1230 - 1330</b>	<b>Lunch</b>
<b>1330 - 1500</b>	Cadaveric Workshop - Ultrasound-Guided Intervention Practical Sessions (Lower Limb)
<b>1330 - 1500</b>	
<i>Group A</i>	<i>Groin, Hip and Knee (Intra-Articular Injections, Pubic Symphysis, Adductor Origin, Trochanteric and Psoas Bursa Injections, Dry Needling of Patellar Tendon)</i>
<i>Group B</i>	<i>Elbow, Wrist and Hand (Intra-Articular and Tendon Sheath Injections, Injection and Dry Needling for Medial and Lateral Epicondylitis)</i>
<b>1500 - 1600</b>	Biopsy
<b>1600 - 1615</b>	Summary, Feedback and End of Course

## Faculty List

### **Dr Aamer Iqbal, MBChB, FRCR**

Consultant Musculoskeletal Radiologist  
Morrison Hospital, Swansea

### **Dr Anita Pandey, MBBS, FRCR**

Consultant Musculoskeletal Radiologist  
Royal Gwent Hospital, Newport

### **Dr Gavin Clague, MBBS, MRCS, FRCR, PgCert SEM**

Consultant Musculoskeletal Radiologist  
Royal Glamorgan Hospital, Llantrisant

### **Dr Kausik Mukherjee, MBBS, FRCS, FRCR**

Consultant Musculoskeletal Radiologist  
University Hospital of Wales, Cardiff

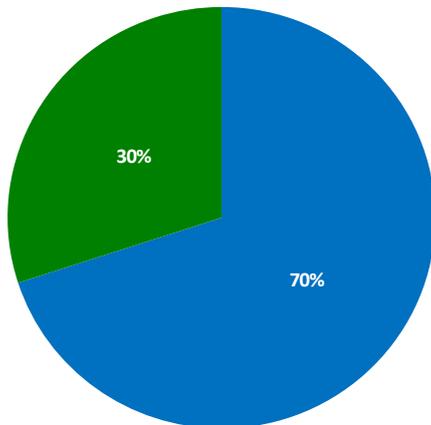
### **Dr Ramakrishna Kishore, MBBS, MRCS, FRCR**

Consultant Musculoskeletal Radiologist  
University Hospital of Wales, Cardiff



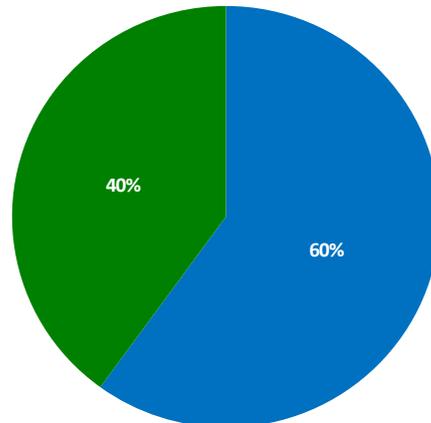
# Overall Feedback

How was the content of the course?



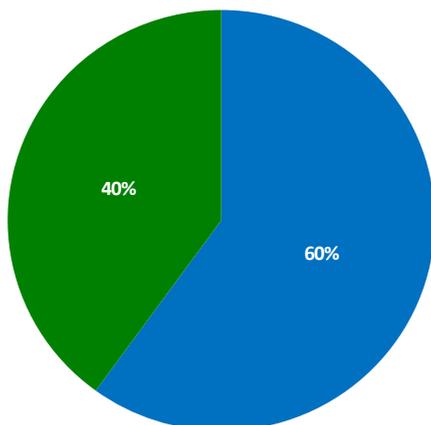
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How would you rate the general academic standard of the tutors?



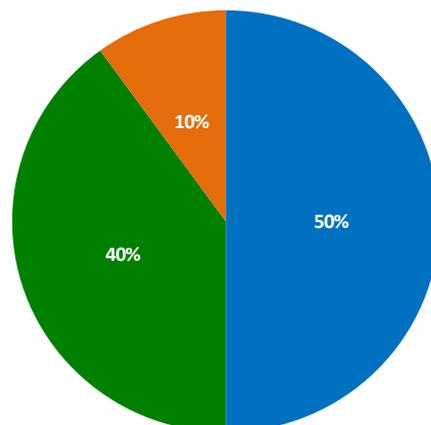
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of demonstrations?



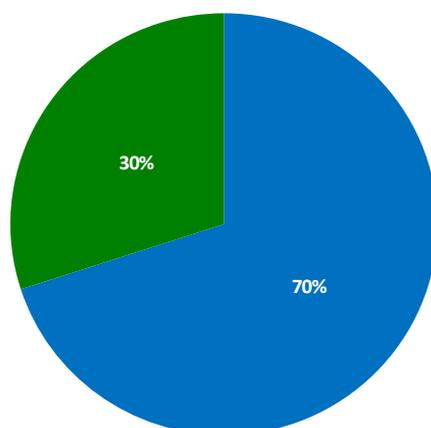
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Did you get sufficient opportunity to practice on the cadaver?



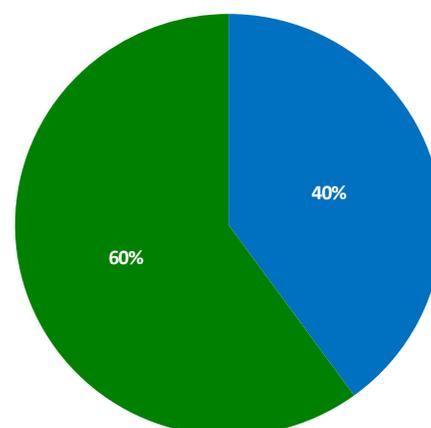
■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

How do you rate the relevance of the course to your career?



■ Very relevant ■ Mostly relevant ■ Neutral ■ Somewhat relevant ■ Not relevant

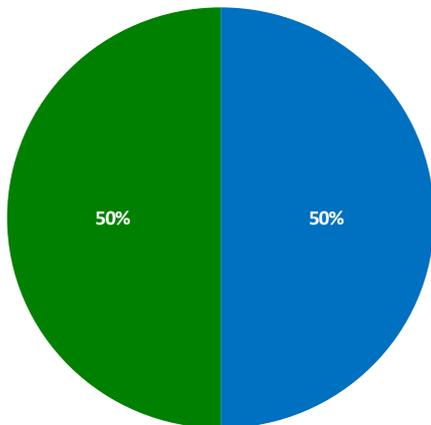
Did the course meet your learning objectives?



■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

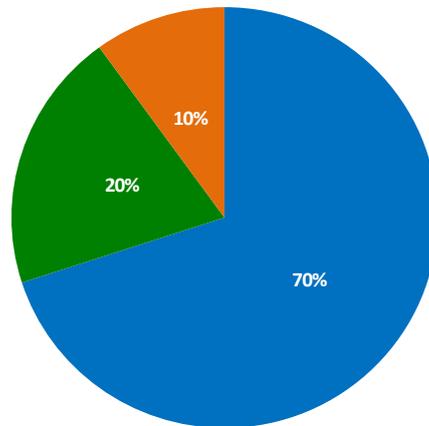
# Overall Feedback

Do you feel more confident in undertaking the procedures as a result of attending this course?



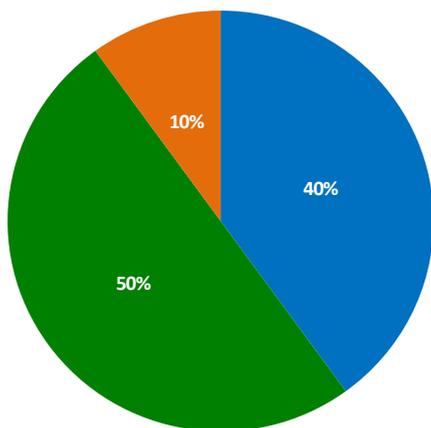
■ Most certainly ■ Certainly ■ Neutral ■ Maybe ■ No way

Introduction to MSK Intervention



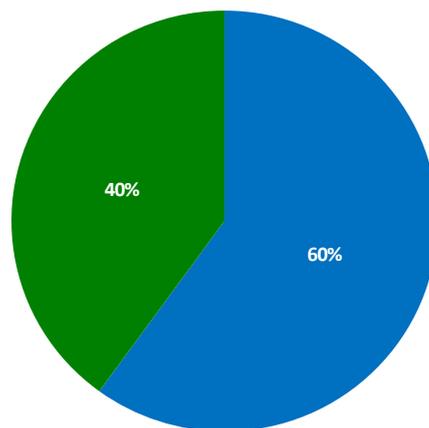
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Prone Scanning



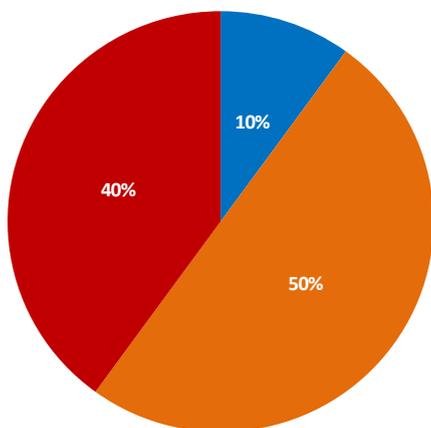
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Posterior Approach GHJ Injection



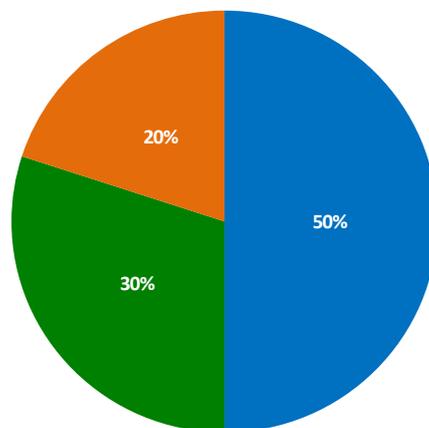
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ischial Tuberosity Injection



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

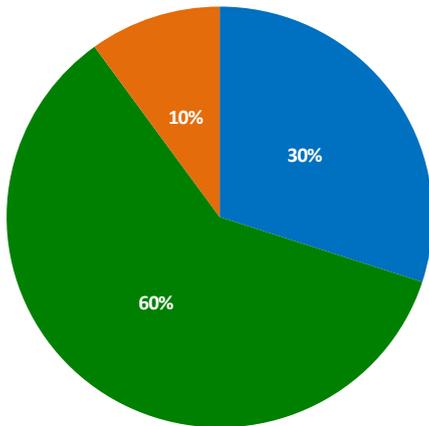
Achilles Tendon Hydrodissection



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

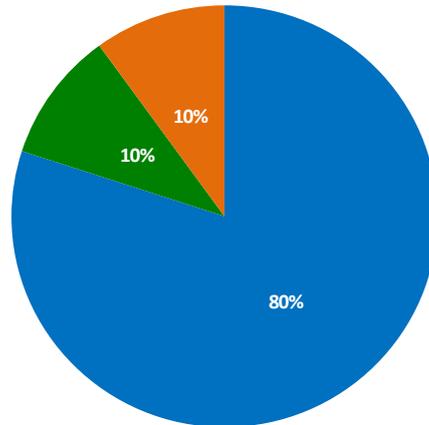
# Overall Feedback

Biopsy



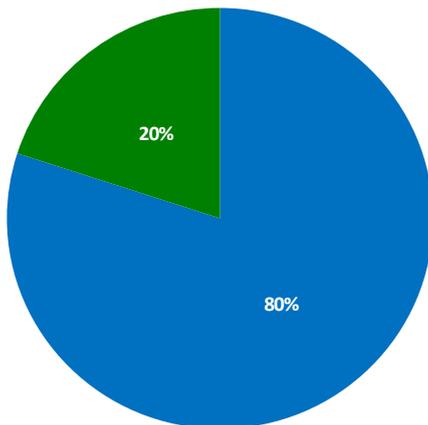
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ultrasound-Guided Intervention - Shoulder



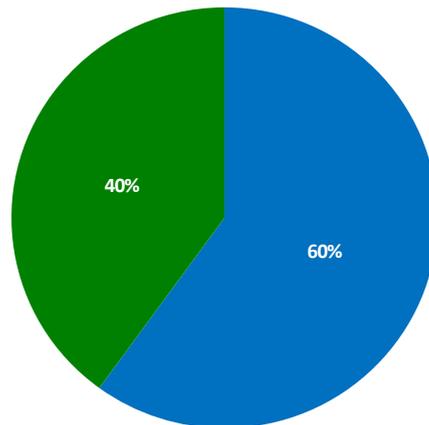
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ultrasound-Guided Intervention - Foot and Ankle



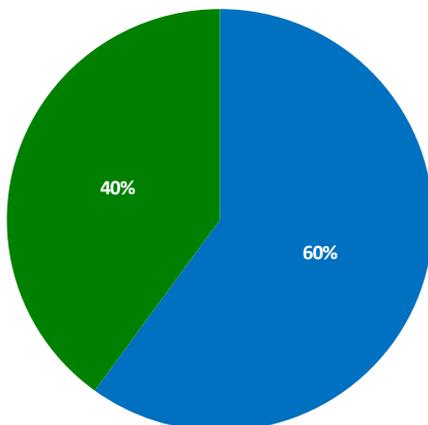
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ultrasound-Guided Intervention - Elbow, Wrist and Hand



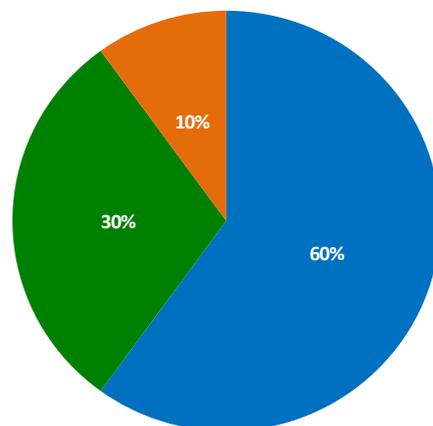
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Ultrasound-Guided Intervention - Groin, Hip and Knee



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

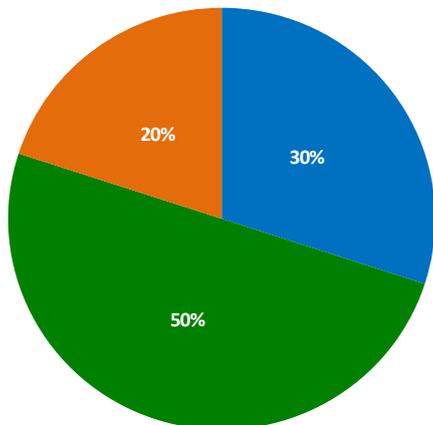
How were the facilities and venue?



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

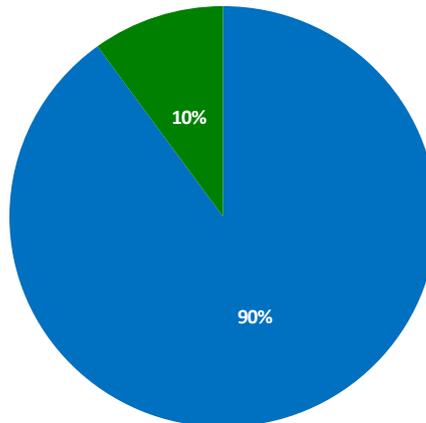
# Overall Feedback

How were the refreshments and lunch?



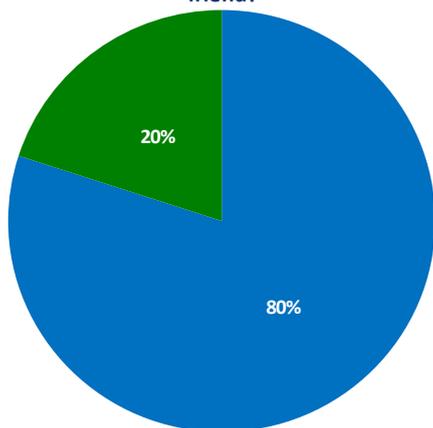
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the general friendliness of the faculty and organisers?



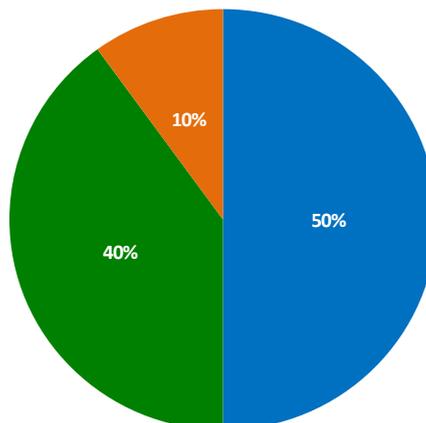
■ Very friendly ■ Friendly ■ Neutral  
■ Not very friendly ■ Can't comment

Would you recommend this course to a friend?



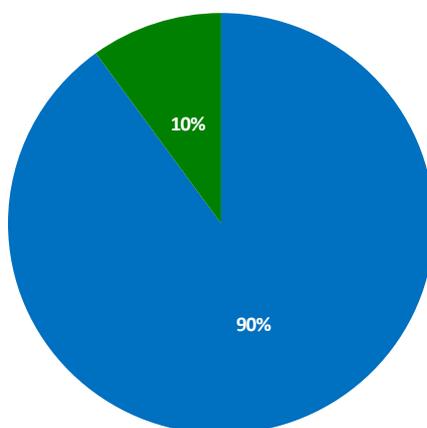
■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Do you think that this course provided good value for money?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Did you attend the course dinner?



■ Yes ■ No

## Individual Comments

This was a great course that was matched to my learning needs.

**MG**

*Premier League Medical Advisor*

This was an excellent workshop, thank you.

**HR**

*New Ahmadi Hospital (KOC), Kuwait*

The organisation, teaching and presentation were good and very relevant to my current practice. Sadly, a couple of techniques which you have kindly asked about for feedback were not demonstrated. Namely the tendo-Achilles hydrodissection, ischial tuberosity injection and some of the ankle techniques. I have stated 'neutral' on the above.

There were a couple of individuals on the course who were perhaps permitted to utilise more of the practice time than others. Whilst we all learned from watching each other practice, the main learning curve is getting 'hands-on' practice. Emphasising the need to allow sufficient time per person might help here. Overall, I was very happy with the course and will recommend it to my colleagues who are considering interventional training. Thank you.

**RA**

*Good Hope Hospital, Sutton Coldfield, United Kingdom*

The course was very valuable and apt for me. Although intense, it covered all that was required for me to learn how to apply the skills to practice. I would highly recommend this course.

**RS**

*Luton and Dunstable Hospital NHS Foundation Trust, United Kingdom*

This was a great course – it really benefited my clinical development.

**AR**

*Leeds Teaching Hospitals NHS Trust, United Kingdom*

The tutors were excellent, friendly and approachable. Plenty of practical injection experience was given. The course meal was lovely – it was sociable, and the food was great. I think you should consider offering an introduction to MSK US course; it would be very popular.

**JS**

*Noble's Hospital, Douglas, Isle of Man*

It was useful to have a radiology perspective on US and intervention. The cross-fertilisation between all of the delegates and trainers was great; having a mixture of specialists worked well. I have already discussed with our manager improvements to implement in our department - thank you.

**VJ**

*County Hospital*

## Individual Comments

It was very good.

**AH**

***ORTO Klinika, Riga, Latvia***

It would be helpful for the tutors to ensure that everyone has an equal amount of time practicing injection techniques; there were several people in our subgroup who dominated the practical sessions, resulting in reduced practical time for everyone else. On the second day, I felt that there was reduced teaching enthusiasm from the tutors. Our group did not get the opportunity to practice Achilles hydrodissection or ischial tuberosity injection practice.

**KM**

***Frimley Health Trust, Frimley, United Kingdom***

It was a very pleasant experience – having a limited number of participants added great value to the course. The organisers and the faculty were amazing.

**MS**

***Russells Hall Hospital, Dudley, United Kingdom***



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- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
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